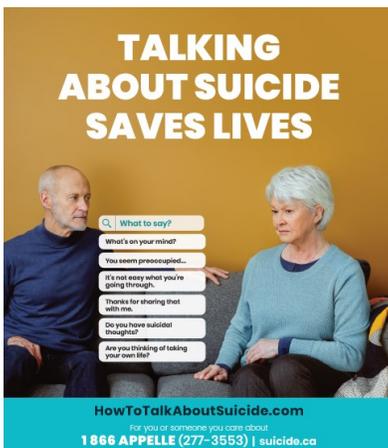


THE MEPECER



Talking About Suicide Saves Lives

Suicide Prevention Week, from January 31st to February 6th



Speaking up is a crucial component of prevention and thus, the focus of the **31st Suicide Prevention Week**. To reduce suicide rates, it is important to create a safe and open space, both one-on-one and a collective dialogue on the topic. The *Association Québécois de prévention du suicide* (AQSP) developed an initiative to help answer the questions that many Quebecers have and to offer guidance on how to talk about it.

Whether it is to express distress or find comfort, or ask a loved one who is not doing well if there is any way you can help them and if they are thinking about suicide, or whether it is to raise awareness in the community, there are words you can use to talk about suicide in a preventive and safe way. There are also ways to learn how to listen. **Speaking up** not only has many benefits, but also makes for a stronger safety net.

If you need help or know someone who does, and are not sure where to start, please visit [AQSP website](#) or call the 24/7 helpline at 1-866-277-3553.

If you have been forwarded this newsletter and wish to **subscribe**, contact us or visit our [website](#) to become a member.

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Did You Know ...?

SWEET POTATOES

Did you know Sweet Potatoes are a superfood?

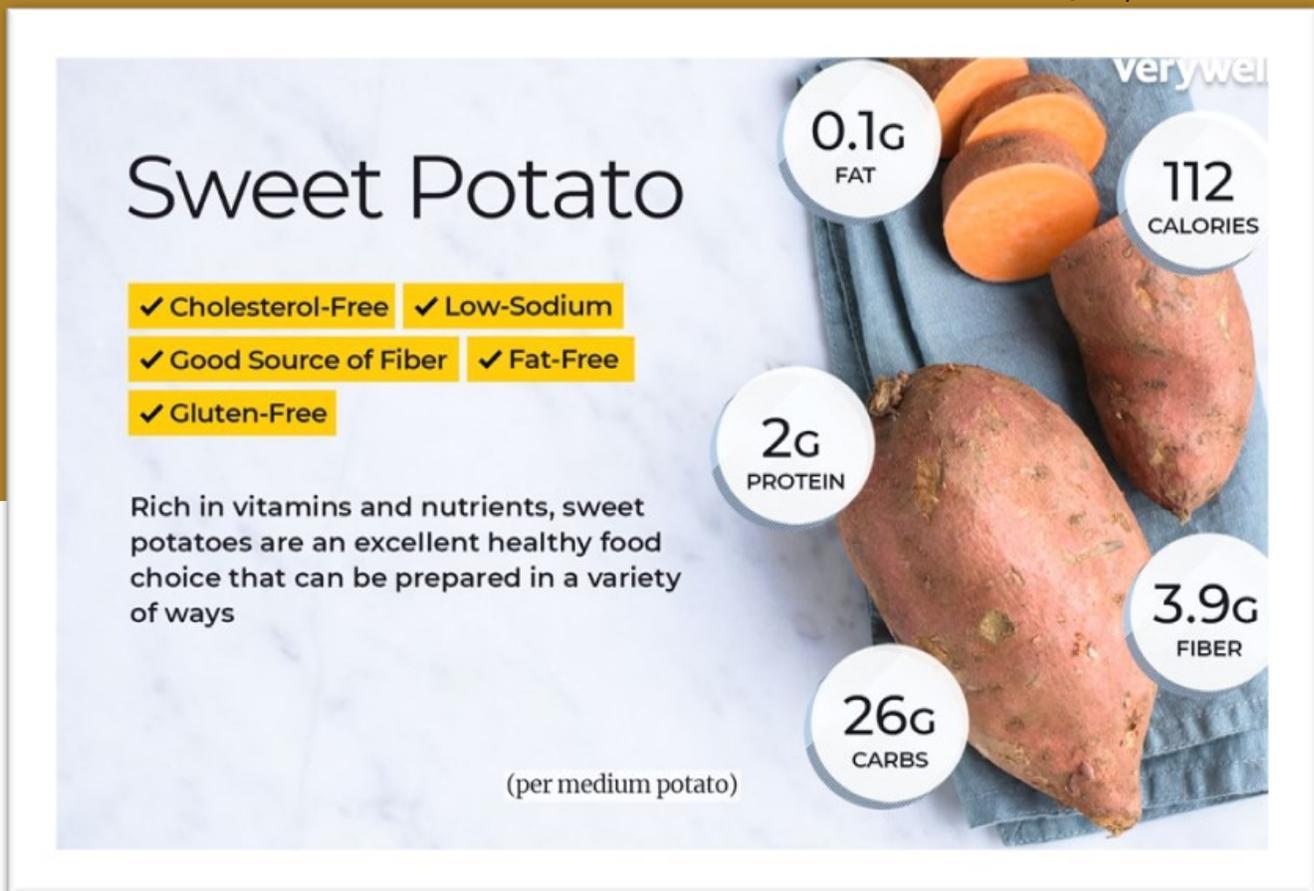
Sweet potatoes are sweet, starchy root vegetables that are grown worldwide, loaded with many nutrients, including potassium, fiber and vitamins A and C.

They come in a variety of sizes and colors — including orange, white, and purple — and are rich in vitamins, minerals, antioxidants, and fiber.

They're also a good source of carotenoids, a type of antioxidant that may reduce your risk of certain types of cancer.

Despite their sweet flavor, sweet potatoes don't increase blood sugar as much as you might expect. Interestingly, they may actually improve blood sugar control in those

@VeryWellFit.com



Don't forget to follow us on our **social media** and visit our **website!**



MEPEC's Activities and Services

CHEP WORKSHOP

Community Health Education Program (CHEP)

Straight Talk about End-of-Life Options

Jennifer Hobbs Robert, M. Sc. A, BCN, CNEd, Senior Advisor - JHCP

Wednesday, February 17, 2021

10:00 - 11:30 am

via Zoom

This session addresses end-of-life options: - palliative care, - do not resuscitate orders, - refusal or withdrawal of treatment, - medical assistance in dying, and - advanced medical directives

To register or for more information contact us at info@mepec-pemca.org

A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2018-2023



On **February 17, 2021 at 10:00 a.m.**, join us in this new webinar, **Straight Talk about End-of-Life Options**.

Talking about 'end of life' is never easy, yet it can be helpful and reassuring for you and your loved ones. This session will explore what is meant by the terms associated with palliative care and end-of-life options. Join us to **learn how you can ensure that treatment is consistent with your final requests or those of your loved ones**.

Learn and ask question about:

- Disclosing information and advance care planning
- Do not Resuscitate (DNR)
- Ethical Issues in nutrition and hydration
- Medical Assistance in Dying (MAID)

To register, contact us at info@mepec-pemca.org or click on this [link](#).

READ WITH ME ONLINE

Each week, we welcome your children and/or grandchildren for a reading session and an activity on Facebook Live. A book from the **MEPEC's community Library** is read for toddlers by **Miss Margaret**, a retired primary school teacher.

To learn more about the selected books, visit our Facebook page [@MepecMonteregieEast](https://www.facebook.com/MepecMonteregieEast).

You can also listen the stories as many times as you want since we save them on our YouTube channel.

We also add all the "Read With Me" videos on our website.

If you want to animate an activity online or in the library please contact us at info@mepec-pemca.org.

Please take note this activity is temporally on pause until the end of the confinement.



@MEPEC-PEMCA

MONDAY BUZZ

Becoming a member of MEPEC has its advantages. Each week MEPEC sends its weekly update *THE Monday Buzz* exclusively to MEPEC members.

This short "Newsletter" updates the latest news and activities at MEPEC, presents interesting discoveries, offers a funny page and shares important information that is not included in *The MEPECER* newsletter.

If you have not received your *Monday Buzz*, there are two ways to get on the mailing list: (1) visit our [website](#) or (2) contact us for more information.



TRIVIA NIGHT

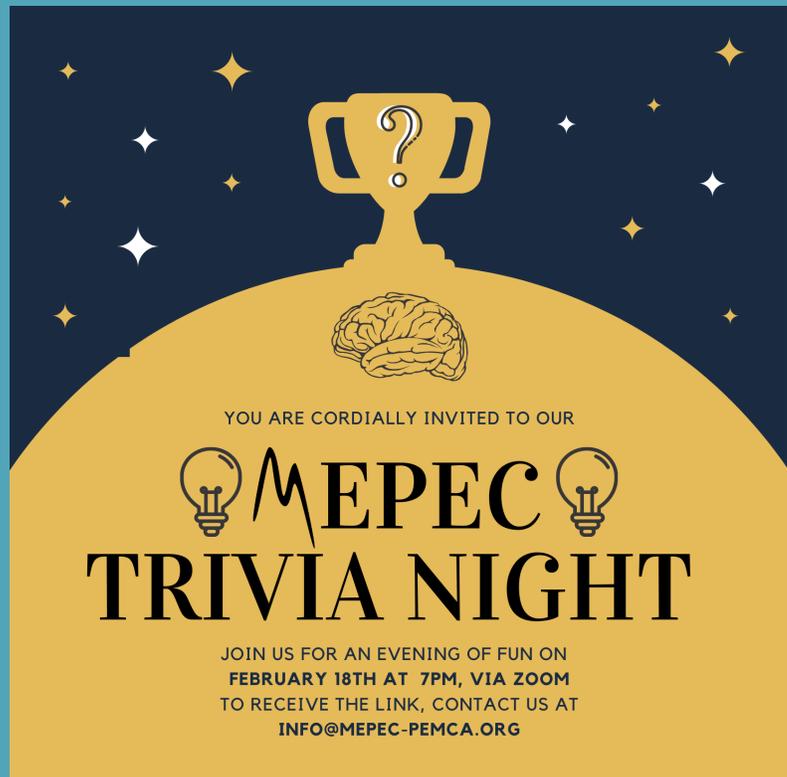
On **February 18th, at 7 p.m.**, MEPEC will be hosting an online **Trivia Night**. So, put your thinking caps on and join us to test your knowledge.

Team up with your family, in the comfort of your home, and answer to a series of questions pertaining to these 4 categories:

- General Knowledge
- Entertaining
- Food and Drink
- Science and Nature

Each correct answer will gain you 1 point and at the end of the activity, we will tally these points to determine a winner. In the event of a tie, we will have a reserved questions in History, Dictionary or Geography to break the tie.

The rules and procedures will be explained at the beginning of the activity. So, get your team ready and sign up now at info@mepec-pemca.org or 450-281-3732.



COFFEE CHAT

The monthly **Coffee Chat** is a social meeting to discuss topics of interest. The subject of the February Coffee Chat will be **Health and Social Service in Montérégie East**.

What do you think of the services available in English in the health and social services sector? What would you recommend to improve these services? What could MEPEC do for you?

Join MEPEC to discuss these questions and help improve our understanding of your needs and priorities.

This activity will be held online by Zoom **on February 11th, at 2:30 p.m.** The information to connect will be given to the participants 2 days prior the activity. You have **until February 9th to register at info@mepec-pemca.org**.

We hope to see you there. **Bring your coffee and enjoy a good chat**



The poster features a dark blue background on the left with a white stethoscope graphic. The text 'MEPEC Monthly COFFEE CHAT' is prominently displayed in red and white. Below this, the date and time 'FEBRUARY 11, 2021 @ 2:30 P.M.' and the topic 'HEALTH AND SOCIAL SERVICES IN MONTÉRÉGIE EAST' are listed. A registration link 'info@mepec-pemca.org' is provided. The Mepec logo and its full name in English and French are at the bottom. To the right, a close-up photo of a coffee cup with latte art is shown.

MEPEC Monthly
COFFEE CHAT

FEBRUARY 11, 2021 @ 2:30 P.M.
*HEALTH AND SOCIAL SERVICES IN
MONTÉRÉGIE EAST*

Register at info@mepec-pemca.org

Mepec
Monteregie East Partnership
for the English-Speaking Community
Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise

 Health Canada Santé Canada

 **CHSSN2** ANS ENSEMBLE
TOGETHER

Partners' Activities and Services

PACK YOUR BAGS BY SOUTH SHORE READING COUNCIL

The South Shore Reading (Literacy) Council presents **Pack Your Bags—Southern Edition**.

This monthly Zoom program for "Snowbirds" will take you virtually to warm world destinations with local animators.

On **February 9th, at 12:00 p.m.**, join Rachel Wagner to a trip to **Nevada, US**.

To register, click [here](#) and for more information, contact the SSRC at ssliteracy@gmail.com.



TED CIRCLES BY SOUTH SHORE READING COUNCIL



On **February 23th, at 12 p.m.**, the South Shore Reading Council will be hosting a **TED Circles** activity.

TED Circles is an open community of small groups that meet for conversations about big ideas. It's a new TED initiative where volunteer hosts invite friends, neighbors, strangers, or a mix of any who've never attended TED or TEDx events—to discuss a variety of interesting topics.

You can learn more at tedcircles.com and in this [animated video](#).

To register, click [here](#) or contact ssliteracycouncil@gmail.com

TED Circles is an open community of small groups that meet for conversations about big ideas. It's a new TED initiative where volunteer hosts invite friends, neighbors, strangers, or a mix of many who've never attended TED or TEDx events—to discuss a variety of interesting topics. You can learn more on the webpage and in this animated video.

More info: ssliteracycouncil@gmail.com

TAKING CARE OF BODY AND MINDS AS WE GET OLDER: SYMPTOMS AND TREATMENT OPTIONS BY SENIORS ACTION QUEBEC

Are you feeling anxious, cannot sleep, lack motivation, depressed, feeling helpless, no interest in things that used to bring you joy?

You are NOT alone! Join Seniors Action Québec and hear about what you can do to start feeling better and what support is out there for you.

Seniors Action Québec is pleased to bring you expert insight on these issues from medical experts:

- Dr. Wendy Chiu—Geriatric Medicine specialist at the Montréal General Hospital
- Dr. Soham Rej—Geriatric Psychiatrist at Jewish General Hospital and Assistant Professor at McGill University
- Dr. Paola Lavin Gonzales—Research Associate

To register, contact info@seniorsactionquebec.ca.

Free ZOOM presentation:
Taking Care of Body and Mind as We Get Older: Symptoms and Treatment Options



Are you feeling anxious, cannot sleep, lack motivation, depressed, feeling helpless, no interest in things that used to bring you joy? You are not alone! Please join us and hear about what you can do to start feeling better and what support is out there for you.

Speakers:
Dr. Wendy Chiu is a Geriatric Medicine specialist at the MUHC - Montreal General Hospital
Dr. Soham Rej is a Geriatric Psychiatrist and Assistant Professor at the Jewish General Hospital/Lady Davis Institute
Dr. Paola Lavin Gonzales, Research Associate, Lady Davis Institute

Tuesday, February 23 2021
1:30–3:30 PM

To register for event email contact info at info@seniorsactionquebec.ca



COM-UNITY PROJECT BY SENIORS ACTION QUEBEC

COM-UNITY PROJECT



If you are an English-speaking senior in Quebec - We want to hear from you!

Seniors Action Québec, is excited to announce our newest collaboration!

Developed with five other community groups, we are looking to feature the stories of English-speaking seniors in Quebec who have witnessed our province's recent history and have been a crucial part of the development of our culture and community.

Our project will be a series of videos on what being a Quebecer means to them and why they have chosen to call this province home.

The COM-Unity Project is a collaborative effort between BCRC, ELAN, Learn, QAHN, and Y4Y who all represent other sectors of the English-speaking people of Quebec.

Interested in participating?

Send us an email with your name, contact information and a brief description of your story and why you would like to participate at: info@seniorsactionquebec.ca

We acknowledge the financial support of the Government of Quebec and the support of the following partners:



Seniors Action Québec is developing, with 5 other community organizations, a project to feature the stories of English-speaking seniors in Quebec who have witnessed our province's recent history and have been a crucial part of the development of our culture and community.

The project will be a series of videos on what being a Quebecer means to the participants and why Quebec is their home.

If you are interested to participate, contact the organization at info@seniorsactionquebec.ca and include in your email your name, a brief description of your story and why you would like to participate to the project.

HOW TO COMMUNICATE WITH A PERSON LIVING WITH DEMENTIA



Customized Homecare Presents

a virtual webinar with



How to Communicate with a Person Living with Dementia

The goal of the session is to reduce or minimize unproductive conversations and resistive behaviors by using effective verbal and non-verbal communication skills to help cope with distress. Practical tips for self-care will be shared.

Presented in English with simultaneous French translation.

Bill Haugland, former CTV news anchor, will open the event by sharing his personal caregiving experiences.

Friday February 12th 10am - 12pm
\$5 minimum suggested donation in support of

Société Alzheimer Society



For more information: media@customizedhomecare.ca

Do you have a love one, a friend, a neighbor or a patient that is suffering from dementia?

Perhaps you want to be informed and prepared in case you should ever face having someone close to you diagnosed with dementia.

You have experienced or hear about the frustration of having to repeat and repeat, the individual is unable to follow what you think is the simplest request and you worry about how you can communicate with them in a manner that lessens the frustration and anger.

On February 12th, at 10 a.m., attend this webinar and learn how to reduce or minimize unproductive conversations and resistive behaviors by using effective verbal or non-verbal communication skills.

To register, contact at media@customizedhomecare.ca

REFLECTIONS FOR BLACK HISTORY BY SOUTH SHORE RETIRED EDUCATORS

The South Shore Retired Educators is an association for people who worked in elementary and/or high school as a teach, support staff, administrator, school board personnel or for people who have worked with students or staff. They meet 6 times a year.

Join the South Shore Retired Educators on their next meeting, on February 18th, from 1:00 p.m. to 3:00 p.m., for an online reflections session for Black History.



WORKSHOPS BY ARTHRITIS SOUTH SHORE



Starting this Tuesday and throughout the month of February, from 10 to 11 a.m., attend the South Shore Arthritis' Adapted Fitness Sessions with Jean Proulx.

Also, on February 26, from 1:30 p.m. to 3 p.m., attend the online

informal gathering **Share and Shine Together**, and join a community to share about arthritis, talk of your own story and experience, inspire and be inspired and learn from others.

To register to all Arthritis South shore's activities, contact info@arthriterivesud.org.

MEPEC's Community Library

BOOKMARK

Coming soon to the MEPEC Community Library, the long-awaited **Bookmark, The Knowledge Tree**. What do you think?

Once the library is open, please feel free to come and pick up your bookmark.



READ / LIRE
There are many little ways to enlarge your child's world. Love of books is the best of all.

Il y a beaucoup de petites façons d'agrandir le monde de votre enfant. L'amour des livres est le meilleur de tous.
- Jackie Kennedy

LEARN / APPRENDRE
Learning is a treasure that will follow its owner everywhere.

L'apprentissage est un trésor qui suivra son propriétaire partout.
- Chinese Proverb/
Proverbe Chinois

GROW / GRANDIR
Develop a passion for learning, if you do, you will never stop growing.

Développe une passion pour l'apprentissage. Si tu le fais, tu ne cessera jamais de grandir.
- Anthony J. D'Angelo

www.mepec-pemca.org • 450-281-3732 • info@mepec-pemca.org

Mepec Community Library
Bibliothèque communautaire

QFC
KIMBERLY FOUNDATION

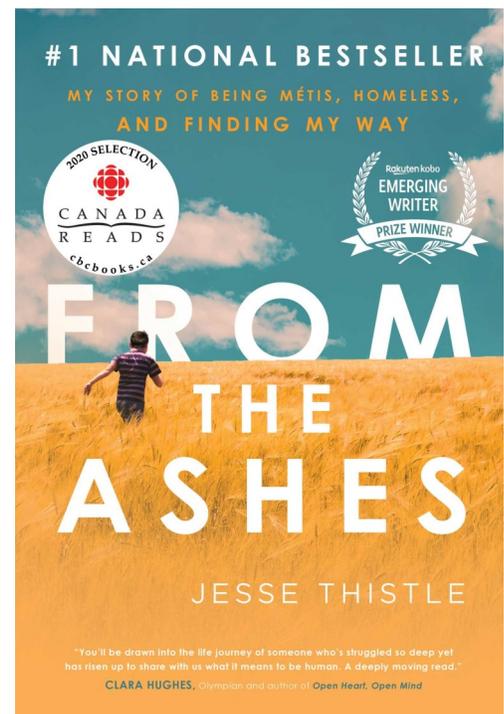
QUEBEC COMMUNITY HEALTH AND SOCIAL SERVICES FOUNDATION

This initiative is made possible through funding from:
Cette initiative est possible grâce au financement de:

BOOK REVIEW—FROM THE ASHES BY MELISSA HYNES

In this heartwarming and heart-wrenching memoir, **Jesse Thistle** writes honestly and fearlessly about his painful past, the abuse he endured, and how he uncovered the truth about his parents. Through sheer perseverance and education, and newfound love, he found his way back into the circle of his Indigenous culture and family.

An eloquent exploration of the impact of prejudice and racism. **From the Ashes** is, in the end, about how love and support can help us find happiness despite the odds. I recommend everyone read this #1 National Bestseller and winner of multiple prizes and award (Kobo Emerging Writer Prize Nonfiction, Indigenous Voices Award and High Plains Book Award).





**Monteregie East Partnership
for the English-Speaking Community**

**Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise**

www.mepec-pemca.org

@MepecMonteregieEast

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Health
Canada

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**Secrétariat aux relations
avec les Québécois
d'expression anglaise**

